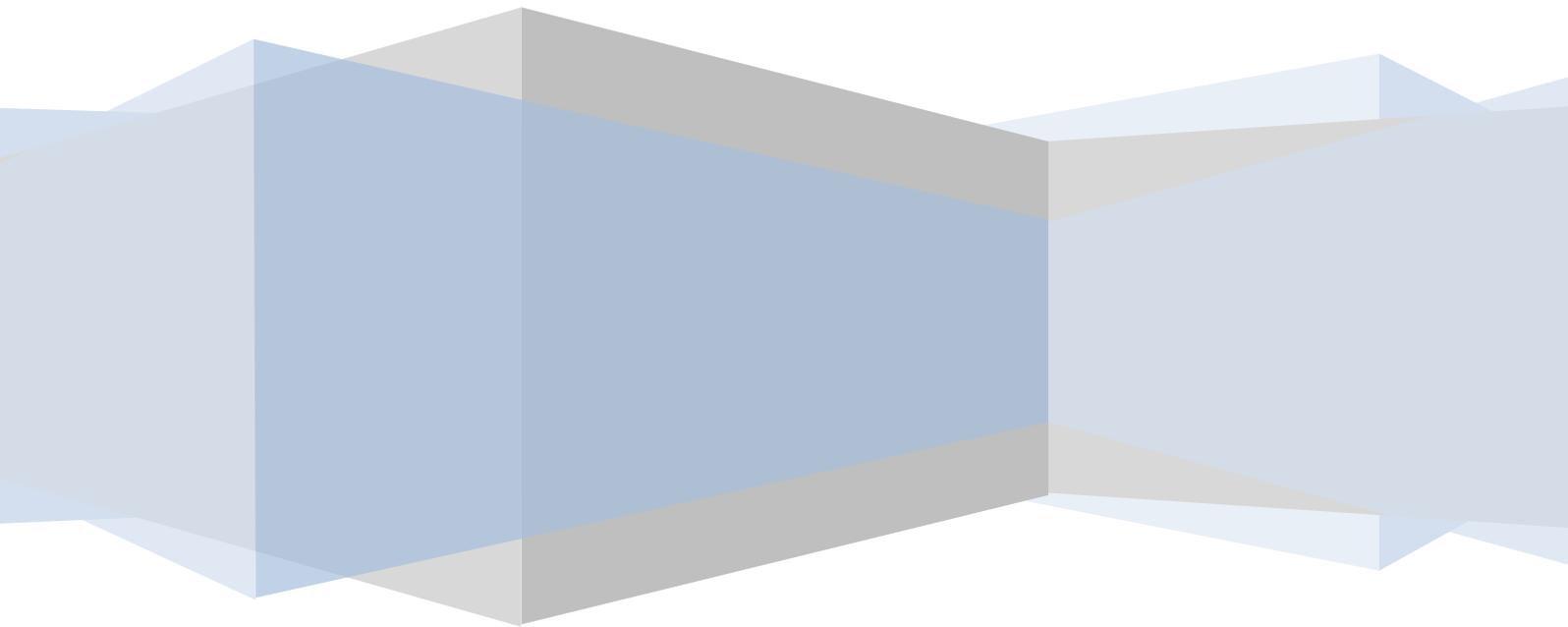


The Inner Coach

A Winning Performance

Keith Collins



Winning & Performing

When Winning is an emotional need, Performing is a True Value.

A winning performance is the experience of a winner who performs well and a performer who wins awards.

Awards are awarded to great performers who win accolades for their ability.

When a competitor needs to win, to gain the approval, acknowledgement, praise or recognition of others, they are attached to the outcome.

Needing to win impedes performance.

The pressure of needing to perform well blocks the flow & limits the power.

A winning performance effortlessly flows.

A winner is one who performs to the best of their ability.

Expressing one's best ability is a winning performance.

When I perform to the best of my ability, I am not a loser.

Winning & performing is about the Self & the Soul in mutual co-operation.

When the Self performs to the best of its ability, the Soul wins.

Competing & Winning

When Competing is an emotional need, Winning is a true value.

I am sub-consciously driven to compete.

I compete with others to gain emotional power.

Competing is a value when there is value in competing.

When I need the value from competing, I am already losing.

When I am losing my emotional energy, I am not competitive and I need to compete to regain my energy.

My Soul is a winner not a competitor.

Competitors can lose.

Winners always win.

I do not need to win when I am already a winner.

Winners cannot lose, competitors can.

Winners do not compete.

They participate in winning.

My need to compete will disallow my true value of being a winner.

The Art Of Winning

The Art of Winning is being In the Zone.

In the Zone of Ability, winning is effortless.

Winning is effortless when emotional power is flowing freely.

Emotional power flows freely when it is truly authorised.

When it is an expression of who we really are, emotional power is truly authorised.

My ego's authority does not always allow an expression of who I really am.

- In the Now of Time, I express my Presence.
- In the Gap of Space, I experience my Potential.
- In the Flow of Space-Time, I explore my present potential as a Reality.

With realised potential present, I am a Winner.

Scientifically speaking, ability requires power plus authority.

Artistically speaking, performance requires presence plus potential.

Winning is an Art Form expressed with Ability.

Performance is an expression of my Art.

Competition is an expression of my Need.

The True Value Of Winning

Winning has value.

There is no value in losing.

The value of winning is praise, reward, approval & the acknowledgement of being better than all others.

Praise, reward, approval, acknowledgement & being better than others are all emotional needs.

They all attach me to the need to compete & the need to win.

Overcoming any need to win is the gateway to experiencing the true value of winning.

The true value of winning is the expression of the excellence of our own ability.

The ability to channel our own authorised power has the true value of excellence.

Excelling as an expression of my true value as a Human Being, is why I am here.

To excel as a Human Being, expressing one's essential Beingness, is the true value of winning.

A True Winner

A True Winner never loses.

Winning & losing is a duality of relative ability.

The one with the most ability wins, the rest lose.

A True Winner does not compete as there is no need to win.

Overcoming the need to win allows winning to flow effortlessly into reality.

- A True Winner doesn't try to win.
- A True Winner knows that they cannot lose.
- A True Winner is neither a good loser nor a bad loser.
- A True Winner is not a loser.
- A True Winner always performs to the best of their ability.

When an opponent proves to have the better ability, it is an opportunity to increase one's own ability.

The better the opponent the better the opportunity for improving one's own best performance.

The best performer has the better power, the better authority & the best ability.

Every loser is hindered by the duality of winning & losing & the need to compete to win.

A True Winner performs to the peak of their power, authority & ability.

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